


Smart Snackers Summary

As part of its commitment to providing a healthy workplace environment for employees, the County Board of Supervisors unanimously approved the Los Angeles County Workplace Food Policy in August 2006. The food policy supports healthy eating by offering employees healthier choices at vending machines and County-sponsored meetings, and by encouraging the sale of healthier items at workplace-based charitable fundraisers. The food policy campaign, *Smart Snackers*, puts the policy into action by providing educational materials that encourage employees to choose the new, healthier snacks in vending machines and to serve healthier snacks in the workplace.

Vending Machines



Beginning in August 2007 at least 25% of products in County-contracted vending machines will follow food policy nutrition guidelines. While you will still be able to choose your favorite snack from your workplace vending machine, you will now also have the option of selecting a healthier snack. *Smart Snackers* snacks contain fewer calories, lower sodium, less sugar, less fat and no trans fat. *Smart Snackers* beverages contain fewer calories and less sugar. Products may include items such as baked chips, granola bars, water, and unsweetened iced tea. Easier

yet, these snacks are readily identifiable with the *Smart Snackers* apple logo! 

Visit our website for the nutrition guidelines and lists of products that meet these guidelines.

Meetings and Around the Office

Meetings. The food policy does not *usually* require that food and beverages served at meetings adhere to the nutrition guidelines. The only instance where food and beverages must comply with nutrition guidelines is when it is served at a County-sponsored event and is purchased with County funds. However, offering healthy snacks is a great way to keep your meeting moving! For instance, try offering air popped popcorn, fresh fruit, or multi-grain bagels at your next meeting.



Around the Office. Say “no” to second hand sweets. Think twice about putting out a bowl of candy and trays of treats all year long. Make your workplace “a bowl full of cherries”—instead of chocolates—except for special occasions. Visit our website for more ideas on how to snack healthier at meetings and around the office.

Fundraisers

The food policy encourages County employees to sell healthier food items or non-food items at workplace charitable fundraisers. Healthier fundraising options include selling sandwiches, mugs or t-shirts. Visit our website for more ideas on healthier fundraising.

For more information about the food policy, Smart Snackers, site champions, and ideas for healthier snacking visit www.lapublichealth.org/place or contact Louisa Franco at 213-351-7828 or lfranco@ph.lacounty.gov.

